

## NEW YEAR, NEW YOU NEWS RELEASE

FOR IMMEDIATE RELEASE

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### 2<sup>nd</sup> Annual New Year, New You Event Set to Improve Lives Locally and Internationally

SAN DIEGO, CA - April 19, 2016 -- The New Year, New You: Fit for Life Success event will take place May 14th in San Diego, and serves two purposes: a fundraiser to benefit LIFE Outreach International to Reach, Rescue, and Restore the lives of children enslaved in human trafficking, and a holistic self-enrichment conference for business owners, entrepreneurs, and professionals who want balance in their lives. Lunch, networking, and local vendors add to the experience.

A child is trafficked for sex every 30 seconds, creating 20 million slaves worldwide, rivaling the drug trade as the largest crime in the world. A special guest speaker from San Diego's Human Trafficking Task Force will be speaking about how children are lured in and exploited, and what we can do to keep our children and grandchildren safe.

Additional experts in their fields will take attendees on a holistic journey of discovery to get balanced and Fit for Life Success mentally, physically, financially, professionally, and personally. As event organizer Wendy Lyon explains, "This event is for busy people struggling to find balance in their lives. Perhaps their career is thriving, but their relationships are on the fritz. Or, their business is expanding, but so is their waistline. Maybe their personal life is golden, but they need help when planning for their financial future. The *New Year, New You: Fit for Life Success* event is designed to provide a day of information and expertise to improve all these aspects of their lives." Voted by Forbes as the top Life and Business Coach in America, Asha Mankowska will also be there to celebrate the pre-launch of her book, "Ignite Your Life."

The New Year New You: Fit for Life Success Event will be held at the Horton Grand Hotel in San Diego on May 14<sup>th</sup> from 11:30pm – 5:00pm. Proceeds from raffle prizes and all tickets sold will be donated to LIFE Outreach International to rescue children from human trafficking. Over \$90,000 (and growing) in gifts, donations, and discounts will be given away, including \$750 in gift certificates to the first 100 registrants. Visit [www.nyny2016.com](http://www.nyny2016.com) for more information and to register for the event.